

ILFA Newsletter



Patrons: Michael Darragh Macauley and David Gilna

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Irish Lung Fibrosis Association
www.ilfa.ie



Pulmonary Fibrosis Awareness Month

September was Lung Fibrosis (or Pulmonary Fibrosis) Awareness Month, and the Irish Lung Fibrosis Association (ILFA) was delighted this year that our **'Every Breath Matters, Know the Signs'** campaign helped raise awareness across the country. We communicated the message to the public five and a half million times! Hopefully we reached our 1.5-million-person goal. Here are some of the highlights:

- ✓ We launched the month with a meeting with the Minister for Health, Jennifer Carroll MacNeill, seeking to release €500,000 in allocated funding for lung fibrosis from Budget 2025, and another €500,000 for 2026. ILFA was represented at the meeting by Maureen O'Donnell (ILFA CEO), Nicola Cassidy (ILFA Director) and Lorcán McMahon (Patient Representative). Since our meeting with Minister MacNeill and representatives from the Department of Health and the HSE, the funding has been released and we are now working with the HSE to ensure it is utilised in the priorities we advocated for (including pulmonary rehabilitation, nursing support for patients, and an Interstitial Lung Disease registry). Stay tuned for future announcements!
- ✓ Our "radio blitz" featuring patient advocates and ILFA staff speaking on radio stations across the country and in public service radio ads on RTE1 and LyricFM started on September 1st and continued through to the end of the month.
- ✓ Lung fibrosis also made the papers! Patient advocates were featured in the Irish Independent, the Irish Daily Mail, Wicklow People, Medical News Today, the Irish Times, and RTE.ie.
- ✓ There was high engagement throughout the month on our Facebook, Instagram, and LinkedIn pages.
- ✓ We wrapped things up on World Lung Day, September 25th, with two excellent events. In the morning, we held a joint event with other major lung charities to raise awareness with T.D.s and Senators. We were delighted at the turnout. In particular, Minister Buttimer T.D. dropped by and we also had a chance to press our case with Padraig Rice T.D., Chair of the Health Committee. Thanks to Catherine Callaghan T.D. for sponsoring this event.
- ✓ In the afternoon, we cycled in front of the Gaiety Theatre with our friends from the Central Bank and ILFA supporters raising funds on a crisp autumn day. Massive thanks to our members who turned out to show their support both at the event in the morning and at the fundraiser in the afternoon. It was wonderful to see you!



Main photo: Nicola Cassidy, Professor Killian Hurley, Maureen O'Donnell and Lorcán McMahon at the Department of Health. **Inset:** Lorcán McMahon, Nicola Cassidy, Catherine Callaghan T.D., Minister for Health, Jennifer Carroll MacNeill T.D., and Maureen O'Donnell.

- ✓ We are absolutely delighted to have had this opportunity to get the word out across the country. Registrations to ILFA doubled in September so we know it had a positive effect, and we hope that the campaign has made many more people aware of lung fibrosis.

We couldn't have done this without funding from Boehringer Ingelheim, so huge thanks to them for their support. We also couldn't have done this without our patient advocates who phoned their politicians to get them to turn up, who joined us in meetings with politicians, telling them about the challenges faced by lung fibrosis patients, who recorded radio ads and participated in radio interviews, who told their story to local and national newspapers, who held fundraisers, who talked to friends and family about living with lung fibrosis. Our community really turned out this year. Thank you! Everything you did made a difference, and we are deeply grateful to you.

ILFA Christmas Cards for Sale

This year our Christmas cards are available in packs of 12 (6 cards x 2 designs each). Each pack costs €10 and the price includes postage and packaging. Please email info@ilfa.ie or call 086 871 5624 to order your Christmas cards. Thank you for your support.



Launch of the ILFA Strategy for Equitable Lung Fibrosis Care in Ireland

On 11th June 2025, representatives from the Irish Lung Fibrosis Association launched a ground-breaking strategy for equitable lung fibrosis care in Ireland to politicians and journalists at Leinster House. The new strategy demands a radical overhaul of services including a nationwide clinical care programme for Interstitial Lung Disease, investment in community services, and a national registry of lung fibrosis patients.

ILFA was established in 2002 with the aims of providing research, education, advocacy, and support for patients living with lung fibrosis, their families, and the respiratory healthcare professionals caring for them. The 2025 ILFA Strategy is a pivotal report that highlights the need for urgent healthcare policy change to ensure lung fibrosis patients get the best standard of care and all the supports and resources needed to maintain their health.

The strategy is the result of a rigorous six-month independent review led by Prospectus Consultants with inputs from healthcare professionals, patients, and international comparators. Special thanks to our support group members and healthcare professionals across the country for their valuable input.

Maureen O'Donnell, ILFA CEO, and our invited speakers urged the Government to act on the recommendations in the strategy and commit to a National Clinical Care Programme. ILFA is seeking

- ✓ The establishment of a National Clinical Care Programme for Lung Fibrosis led by the HSE, with defined referral pathways, multidisciplinary care standards, and central governance to

ensure consistency and equity across all regions.

- ✓ Creation of a fully funded national lung fibrosis registry to transform real-world clinical, social, and patient-reported data into actionable insights. This registry would support research, health care planning and delivery, policy decision making, and would inform clinical practice.
- ✓ Expansion of Multidisciplinary Teams (MDTs) including respiratory consultants, radiologists, dietitians, psychologists, and physiotherapists to ensure comprehensive, patient-centred care.
- ✓ Affordable oxygen therapy including financial relief measures such as electricity subsidies for patients who rely on home oxygen concentrators.
- ✓ Greater investment in pulmonary rehabilitation and psychological support services particularly in rural and underserved areas, supported by a hub-and-spoke care model and virtual service delivery.

We are grateful for the enthusiastic support of our special community of patients and family members who reached out to local politicians and asked them to attend the launch. Thanks also to the many T.D.s and Senators who attended and offered support to help ILFA influence positive change. Special thanks to John Lahart T.D. for his support and invitation to the A.V. Room at Leinster House, and to our guest speakers including patients; Robert Hurley and Sean O'Sè, Olive McCafferty (respiratory physiotherapist), and Michael Darragh Macauley (ILFA Patron and family member).



Left: Sean O'Sè, Maureen O'Donnell (ILFA CEO), and Professor Jim Egan.

Top, centre: Kelly McVicker (ILFA Administration Lead), Michael Darragh Macauley (ILFA Patron), Colin Edwards (ILFA Board Member), Robert Hurley (Patient representative), Maureen O'Donnell (ILFA CEO), Sean O'Sè (Patient representative), Professor Jim Egan (ILFA Board Member), Eddie Cassidy (ILFA Chair), Gemma O'Dowd (ILFA Stakeholder Engagement Lead), and Olive McCafferty (Respiratory Physiotherapist).

Bottom, centre: Robert Hurley, Sean O'Sè, and ILFA Patron Michael Darragh Macauley.

Right: Catherine Callaghan T.D., Gemma O'Dowd (ILFA Stakeholder Engagement Lead), and Eddie Cassidy (ILFA Chair).



Harry Carpendale, the Reverend Canon David Oxley, the Reverend Canon Brian McKay, Eddie Cassidy, and the Reverend Canon Ian Coulter.

ILFA Ecumenical Service 2025

Thank you to everyone who attended the ILFA Ecumenical Service that took place on Saturday 4th October at Our Lady of Mount Carmel, Whitefriar Street Church in Dublin, and to those who joined us online. We are especially grateful to the clergy; the Reverend Canon Brian McKay, the Reverend Canon David Oxley, and the Reverend Canon Ian Coulter who led us in prayer and worship.

This year we owe special thanks to Frank O'Connor for composing and reading a personal prayer of gratitude for his healthcare team and ILFA's work, and to Tom O'Sullivan for composing and reciting his poem entitled "Ode to ILFA". We were honoured to have our talented members share their touching compositions with the congregation.

Our ecumenical service was once again a very special evening with exceptional music and song. Sincere thanks to Harry Carpendale (harpist), David Leigh (organist), Lesley Rankin and The Culwick Choral Society and their musical director Kevin Boushel, for contributing beautiful and inspiring hymns and music; to the readers and candle lighters for their participation; to our volunteers and everyone who helped us make this event such a special one. It was great to meet so many people in person and share a cuppa at the social gathering afterwards. Thank you to the staff at the Carmelite Community Centre for the warm welcome and kind hospitality.

We hope our guests enjoyed the ILFA Service of Prayer and Reflection and found it to be comforting and encouraging. We look forward to welcoming you again.

Ode to ILFA

Composed by Tom O'Sullivan

*Affecting adults pulmonary fibrosis of the lung
Is a serious and life limiting condition
For years it seemed unknown and unsung
Til ILFA was formed to provide education*

*Supporting patients and the fibrosis community
By education, advocacy, research, direct services
To improve quality of life keeping positive identity
Creating an awareness of available resources*

*Supporting change, challenging current practice
Improving access to appropriate vital resources
Lobbying Government to improve the service
Bringing knowledge, skills with ongoing courses*

*ILFA's vision is to enhance the quality of life
Of individuals and families living with fibrosis
With the dedication the team it does strive
To give help, guidance, teaching sound decisions*

*Collaborating with other patient organisations
Networks to achieve shared, goals objectives,
ILFA is making many meaningful contributions
To improve quality of life for patients and relatives.*

Advocacy Update

An update from the CEO

September was Pulmonary Fibrosis Awareness Month (also called Lung Fibrosis Awareness Month) and ILFA's awareness campaign represented a huge piece of advocacy work over the last few months. While that campaign was very successful, we continue to struggle to get support for reducing a key out-of-pocket cost, namely electricity costs for those on supplemental oxygen. As we head into the winter months and higher electricity bills, this is particularly disappointing. We will keep advocating for this and for other supports that help patients offset the high cost of care.



In brighter news, our discussions with the HSE have been quite fruitful. It's taken a long time to get the funding allocated to Lung Fibrosis in last year's budget but we're nearly there. Soon we'll hopefully

announce new services available for lung fibrosis patients in 2026. Of course, as we enter 2026, that will also mean a new priority to our advocacy work - sustainable funding. It was wonderful to have €1 million allocated to lung fibrosis in the 2025 and 2026 budgets but that will need to continue and grow in following years if our goal of equitable care is to be achieved. Next year, particularly as the HSE Interstitial Lung Disease Clinical Advisor finishes up his work mid-year highlighting gaps in care, our priority will be to ensure sustainable, multi-year funding for lung fibrosis. This, along with a clinical programme will ensure that every patient, no matter where they live in Ireland, can get the care they need.

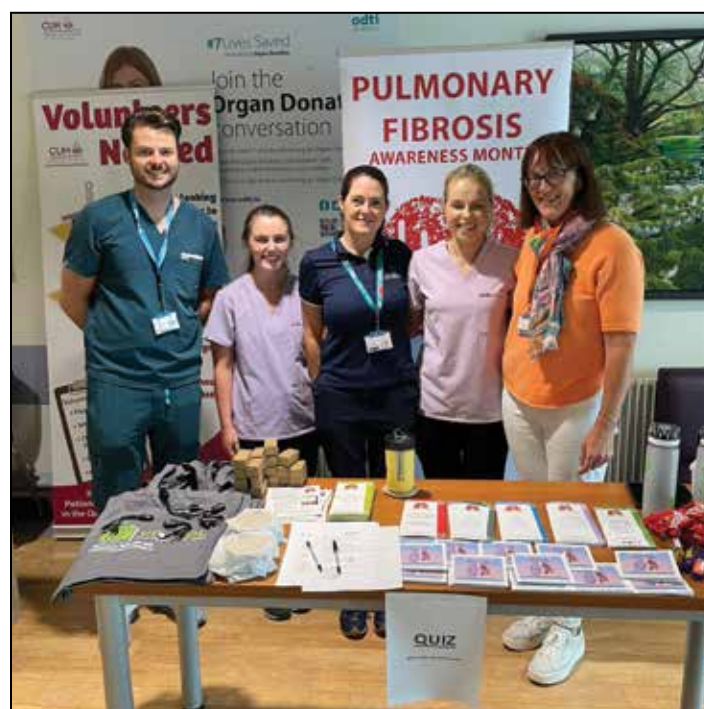
Maureen O'Donnell, CEO.

Cork Support Group visit



Gemma O'Dowd, ILFA Stakeholder Engagement Lead, visited the Cork Lung Fibrosis Support Group at the Elm Tree, Glounthaune on 29th May 2025 and received a very warm welcome. Gemma said "It was good to catch up and chat with everyone and to meet new members who joined the group.

The members are a great support to each other. It was also great to meet the members in person, especially those who regularly join the ILFA weekly online exercise classes and promote the benefit of the classes to the rest of the group. Anne Casey has been involved with running this support group for 14 years now, along with her good friend Mary O'Donovan supporting her. Huge thanks to Anne and to Mary for their wonderful support to lung fibrosis patients in Cork and for their continued support to ILFA over many years."



Dr Art Kelleher (Respiratory SpR), Roisin Gaffey (Respiratory Clinical Nurse Specialist), Maeve O'Grady (Respiratory Clinical Specialist Physiotherapist), Grace O'Sullivan (Respiratory Clinical Nurse Specialist) and Dr Sinead Harney (Rheumatology Consultant).

Raising Awareness During Pulmonary Fibrosis Awareness Month

Grace O'Sullivan, Respiratory Clinical Nurse Specialist at Cork University Hospital, also hosted an awareness event on 5th September 2025 to raise awareness of Lung Fibrosis among hospital staff and visitors. Thank you to everyone involved.

Thanks to Nataliya Tkach, Clinical Nurse Specialist, and all her respiratory colleagues at University Hospital Waterford for hosting a vibrant Awareness Day stand on 25th September 2025, which was World Lung Day. Nataliya and her colleagues engaged with staff and visitors to raise valuable awareness of lung fibrosis and other chronic lung conditions.



Nataliya Tkach and colleagues at University Hospital Waterford.

Education

Terence Moran Memorial Award 2025



Dr Niamh Logan with Maureen O'Donnell, ILFA CEO.

Congratulations to Dr Niamh Logan, Royal Brompton Hospital, London who was the winner of the 2025 Terence Moran Memorial Award for the best case-presentation at the joint Irish Thoracic Society and Irish Lung Fibrosis Association Interstitial Lung Disease Study Day held in February 2025. Niamh received an educational travel bursary and was

presented with her Dublin Crystal award by ILFA Ireland CEO, Maureen O'Donnell, in June. Niamh was also celebrating her graduation at the Royal College of Physicians in Ireland on the same day.

ILFA Mental Health Training Day for Healthcare Professionals

Thank you to all the attendees and speakers who joined the ILFA Mental Health Training Day for Healthcare Professionals on 18th June at the Pillar Centre, Mater Misericordiae University Hospital, Dublin. This educational event was developed by ILFA and kindly supported by a grant from Boehringer Ingelheim.



Kelly McVicker, (ILFA Administration Lead), Gemma O'Dowd (ILFA Stakeholder Engagement Lead), Dr. Elizabeth O'Brien (Mater University Hospital), Winifred Ryan (National Healthcare Communication), and Maureen O'Donnell (ILFA CEO).

was called "Understanding the Mental Health Issues Facing Patients with Chronic, Life-Limiting Diseases" and she spoke with Sean Hartigan who contributed his perspective as a patient and family member impacted by lung fibrosis. Winifred

The invited speakers included Dr. Elizabeth O'Brien (Mater University Hospital), Winifred Ryan (National Healthcare Communication Programme), Professor Gaye Cunnane (St. James Hospital), and Donal Scanlan (Head of Mental Health First Aid Ireland). Maureen O'Donnell, ILFA CEO, welcomed everyone to the event and introduced Dr O'Brien as the first speaker. Dr O'Brien's presentation


Ryan spoke on "Communicating with Empathy: Importance of Messaging in Communicating a Life-Limiting Diagnosis". Professor Gaye Cunnane presented on "Caring for Yourself: Mindfulness-Based Support System to Maintain Resilience" and Donal Scanlon presented on "Caring for Your Colleagues: Introduction to Mental Health First Aid Training".

We are enormously grateful to all the speakers for their expertise and enthusiasm with this educational event.

Virtual Mindfulness Course for ILFA Members

The Irish Lung Fibrosis Association was delighted to receive a grant from the HSE National Lottery Fund to deliver a series of 6-week virtual mindfulness courses to support wellbeing and personal growth. This interactive programme is led by two experienced and skilled facilitators, John Douglas and Helena Dilleen.

Each course consists of six-weekly online interactive sessions. The schedule for the remaining course is listed below. Please email info@ilfa.ie or call 086 871 5264 to register. Participants must attend the entire 6-week block as we cannot facilitate transfer between dates and presenters.

 **Thursdays at 10am**
15th January – 19th February

Breath and Resilience course

The Breath and Resilience course, organised by ILFA and funded in part by the Hospital Saturday Fund, was a six-week online programme designed to support the emotional and psychological well-being of individuals living with lung fibrosis.

The course brought together expert facilitators from the health and wellness sectors to address themes such as self-compassion, breathwork, creativity, wisdom, and self-care.

The aim was to create a virtual support system offering tools to help participants build resilience and maintain quality of life. Each week featured a different facilitator and focus area, aligned with the HSE's Building Blocks of Resilience framework. The course was highly rated (average score 4.65/5) and well-received by participants.

Attendance varied, with an average of 12 attendees per session and a total of 31 unique participants. Feedback highlighted strong engagement, emotional impact, and appreciation for community interaction.



Research

“Safety and feasibility of a virtual exercise programme for pulmonary fibrosis”

The Irish Lung Fibrosis Association is delighted that the Irish Medical Journal has published our Letter to the Editor entitled “Safety and feasibility of a virtual exercise programme for pulmonary fibrosis” in the September 2025 Edition.

ILFA's online exercise classes started in 2020 with the help of three dedicated respiratory healthcare professionals at Limerick University Hospital – Niamh Julian, Gordon Cagney, and Paula Ryan. The classes have gone from strength to strength and provide a valuable, regular, and safe exercise and wellbeing resource to lung fibrosis patients across the country. The Letter to the Editor describes the procedures that ILFA has in place to deliver the online classes safely and effectively. ILFA's online classes are now delivered by Eimear Bell (Respiratory Physiotherapist) and take place on Monday, Wednesday, and Thursday mornings. For more information, please email info@ilfa.ie or call 086 871 5264.

ILFA's PPI Research Advisory Group



ILFA established a Patient and Public Involvement (PPI) Research Advisory Group to ensure stakeholders' perspectives and priorities are embedded in lung fibrosis research. PPI empowers patients and values their voice and lived experience and offers benefits to researchers, clinicians, the scientific community, patients, and the public through improved high-quality, design, accessibility, and relevance of research, which in turn directly increase its impact.

Sean O'Sè was re-elected the Chair of the ILFA PPI Group in 2025. The membership includes patients, family members of patients, academic researchers, and ILFA representatives. ILFA's role is to facilitate the PPI meetings in a safe, respectful, and collaborative forum, and to support the Chair. ILFA also liaises with researchers who contact the charity seeking PPI input for research projects. Researchers who are interested in partnering with the PPI group are invited to join the PPI meetings and present their research. PPI participants

are encouraged to ask questions, make observations, and engage in discussions. If you would like to know more and are interested in joining the PPI group or seeking research input, please email Gemma@ilfa.ie

HSE 3rd National Patient and Public Partnership Conference

Colin Edwards, ILFA Board Member, attended the HSE National Patient and Public Partnership Conference on 17th September 2025. The conference highlighted various initiatives by the HSE to develop and grow partnerships with patients, patient advocates, and other service users. The HSE is committed to growing this model. In his address, Bernard Gloster, CEO of the HSE, stated that the delivery of healthcare was shifting from the historic paternalistic approach to a partnership approach. However, this is a work-in-progress. The HSE is recruiting full-time Patient Service User Leads in each of the new HSE regions. These role-holders may be useful contacts for ILFA going forward and the HSE intends to set up a national patient and service user forum.

Several groups presented on initiatives which they had co-designed with the HSE. For example, the National Screening Service described their campaign to recruit local and regional patient members to a panel to co-design effective health screening. The HSE is growing its use of digital approaches in healthcare and data-driven healthcare is seen as a key need by the HSE. The HSE is setting up a National Digital Patient Panel and invites anyone to express an interest in joining by emailing digitalforcare@hse.ie.



Colin Edwards

Posters were presented on a wide variety of health and social care topics. Galway University had an interesting poster on the hidden financial burden for people with chronic conditions attending outpatient clinics, particularly in rural areas with long travel distances. They estimated the mean annual cost as €559/patient.

ILFA presented a poster on our 2023 survey of patient and healthcare professional attitudes to a potential national registry of pulmonary fibrosis.

Raising Awareness

Making Headlines



John and Breda Coughlan

In September, the Irish Times featured an article on the inequities faced by lung fibrosis patients. We're very grateful to Breda Coughlan, Noreen O'Carroll, and Eamonn Doohan for sharing their powerful stories to help raise awareness during Pulmonary Fibrosis Awareness month.

We are also grateful to Lorcan McMahon for sharing his story of living with lung fibrosis with the Wicklow People and Irish Independent. Lorcan is a fantastic patient representative who has been a great support to ILFA Ireland in our advocacy work and engagement with the HSE and politicians.

On the Airwaves



September was Lung Fibrosis Awareness Month, and you may have heard some radio advertisements about Lung Fibrosis and the work of the Irish Lung Fibrosis Association on RTE radio and Lyric FM. Huge thanks to Dermot Rafferty and Gemma O'Dowd for lending their voices to the ILFA 'Every Breath

Matters' campaign to raise awareness of lung fibrosis. Well done to Dermot and Gemma on a super job!

ILFA would also like to send "mile buíochas" to Annette Cremin who was interviewed on Radio na Gaelteachta in September and shared her story of being diagnosed with pulmonary fibrosis.

Top Marks for Jamie with his School Project



We're full of admiration and very grateful to Jamie McCarthy, pictured, who did a super school science project all about lung fibrosis. Jamie surprised his grandmother, Pam Martin, when he revealed what he had done and she couldn't be prouder of him. Thank you, Jamie from everyone ILFA for your great

work raising valuable awareness during Pulmonary Fibrosis Awareness month. Jamie wrote: "I'm Jamie and I'm 13 and I recently did a presentation for my school about lung fibrosis, to spread awareness for my Nanny's (Pam Martin) condition as well as it being pulmonary fibrosis awareness month."

Beaumont Hospital and RCSI Research Team Cake Sale

ILFA would like to thank the Interstitial Lung Disease Team at Beaumont Hospital and the research team from Professor Killian Hurley's Laboratory at the Royal College of Surgeons in Ireland at Beaumont Hospital for their amazing fundraising and awareness raising event.

The respiratory nurses and research teams helped organise delicious and tempting cake sales at two locations at Beaumont Hospital to raise valuable funds and create awareness during Pulmonary Fibrosis Awareness Month. An incredible total of €1,474.34 was raised thanks to the generosity of everyone who supported the cake sale and raffle.



Collage of Beaumont Hospital and RCSI research staff cake sale.

Organ Donation

20th Anniversary of the First Lung Transplant in Ireland

On 16th May 2025, staff at Mater Misericordiae Hospital celebrated the 20th anniversary of the first lung transplant in Ireland that took place on 12th May 2005. Prior to 2005, Irish patients had to travel to the UK for lung transplantation. Since that historic and pioneering day in 2005, 379 lung transplants have been performed thanks to the generosity of organ donors and their families, and the talents, skills and compassion of the Mater Hospital staff. Many, many lung fibrosis patients have had their lives transformed after receiving the precious gift of life. And in turn, the lives of their families and friends have also been transformed and so the positive and life-changing ripple effect of organ donation magnifies. The Irish Lung Fibrosis Association sends our warmest congratulations and sincere thanks to everyone involved in the development and success of the lung transplant programme. We remember the organ donors and their families, the patients who received a lung transplant and are no longer with us, those experiencing renewed quality of life following a precious lung transplant, and all those waiting on a lung transplant. Congratulations to the Heart and Lung Transplant Unit at the Mater Hospital and to all those who made this ambitious dream a reality and an outstanding success.

ILFA Welcomes the Introduction of an Opt-out Organ Donation Consent System



The Human Tissue (Transplantation, Post-Mortem, Anatomical Examination and Public Display) Act 2024 was signed into law on 28th February 2024, and its first

phase of changes, including a soft opt-out consent system for organ donation, came into effect on 17th June 2025. This landmark legislation brings into effect a much-anticipated “soft opt-out” organ donation system, a milestone that ILFA has long supported. Organ donation saves and transforms lives.

Key features coming into effect from June 2025 include:

- A soft opt-out system of consent for organ donation for individuals aged 18 and over
- The concept of a “designated family member” i.e. the person to be consulted prior to donation of organs and tissues from deceased persons.

A change in Irish law means, that if you are an adult, you will now be considered a potential organ donor when you die in circumstances where organ donation may be possible. If you do not wish to become a donor, you can choose to opt out. Your family or next of kin will always be consulted if you have not opted out. Talk to your loved ones about your wishes. The HSE website has useful information explaining the opt-out register.

Celebrating Life and Organ Donation Awareness



Main photo: Frank O'Connor at the top of Sliabh na mBan. Inset: Frank O'Connor and his family.

Frank O'Connor and his family climbed Sliabh na mBan in gratitude to all those who helped him on receiving the precious gift of life through organ donation. What an incredible feat and an inspiring and heart-warming story! Read Frank's touching report below.

“On Saturday 19th July, we walked ‘home’ to Sliabh na mBan - and what a homecoming it was. High above the clouds, the ILFA flag and the Mater Hospital Foundation flag flew proudly, dancing in the wind alongside the Tipperary colours - blue and gold. A weekend of deep gratitude, community, and purpose.

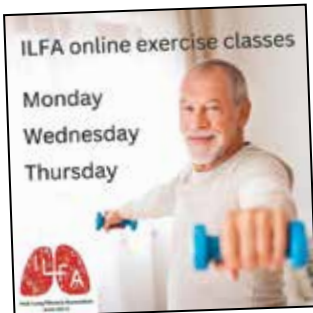
A few years ago, I was gifted a miracle - a second chance at life through the generosity of an organ donor and the incredible transplant team at the Mater Hospital. I climbed that mountain carrying more than a flag - I carried the memory of that gift, the strength of my recovery, and the love of all who've walked this path with me.

To ILFA, the Mater Hospital, and every person who supports organ donation - THANK YOU! Your work gives people like me breath, hope, and life.

And to cap it all off ... a Croke Park victory for Tipperary in the Hurling All-Ireland Final! What a sign. What a celebration. What a weekend! With every breath, I am grateful. Thank you so much and more.”

Activities and Events

Online Exercise Classes



Exercise is the best medicine! The Irish Lung Fibrosis Association's online exercise classes for lung fibrosis patients take place on Monday, Wednesday, and Thursday each week. The classes are delivered online via Zoom by Eimear Bell, respiratory physiotherapist, and are free of charge to ILFA members. We are so grateful to

Eimear for her dedication and expertise in delivering the classes. Register by emailing info@ilfa.ie or calling 086 871 5264. We look forward to seeing you there!

ILFA Resources

Remember to keep up to date with ILFA's events and activities via our website (www.ilfa.ie) and on social media on Facebook, Instagram, X, LinkedIn and YouTube (@ILFA_Ireland). This year ILFA distributed a GP Mailer and Clinical Trials Information to our members, and these resources are available on the website (search under the tab "Our Work").



Support Group News

Sligo Lung Fibrosis Support Group



Gemma O'Dowd and Mary Geraghty.
The Sligo Pulmonary Fibrosis Support Group.

The Irish Lung Fibrosis Association is delighted to announce that the first meeting of the newly formed Sligo Lung Fibrosis Support Group took place at Sligo University Hospital on 30th June. Gemma O'Dowd, ILFA Stakeholder Engagement Lead, attended the event and enjoyed meeting everyone. Gemma said "The meeting was organised by Respiratory Clinical Nurse Specialists, Mary Geraghty and Kerri Manning, who have been "partners in crime for 20 years" they say. What a great team! These two amazing respiratory nurses support the lung fibrosis community in Sligo and surrounding counties including South Donegal, Cavan, Roscommon and beyond, and they are clearly loved and very much appreciated.

Huge thanks to Mary for her fabulous home baking and to

the staff for organising teas and biscuits for this first meeting."

The support group will meet on the first Wednesday every month, in the Sligo Park Hotel at 11am.

Contacts for further information:

Pat on 086 272 9146

Margaret on 086 102 4924

Gemma on 086 811 4225 (or email gemma@ilfa.ie)

Cork Support Group



Members of the Cork Pulmonary Fibrosis Support Group
raising awareness and funds for ILFA.



ILFA is hugely grateful to the Cork Pulmonary Fibrosis Support Group for organising a very successful fundraising and awareness raising event at SuperValu, Togher, Cork on 29th August 2025.

The bucket collection raised the fantastic sum of €1,016.65. Sincere thanks to Anne Casey, Mary

O'Donovan, Daniel Casey, William Sisk, Declan Cummins, and Angela Grey.

New Lung Fibrosis Support Groups in the pipeline

The Irish Lung Fibrosis Association is helping to set up a new local Pulmonary Fibrosis Support Group in Galway with the help of the respiratory nurses.

ILFA also hopes to set up new support groups in Donegal, Roscommon, and Tipperary. The first Donegal support group meeting is scheduled on Monday 1st December.

For more information, please contact Gemma O'Dowd, ILFA Stakeholder Engagement Lead, by calling 086 811 4225 or emailing [Gemma@ilfa.ie](mailto:gemma@ilfa.ie)



World Lung Day Cyclathon

World Lung Day is celebrated on 25th September and is an international awareness day that highlights the importance of good lung health and the challenges faced by patients with chronic respiratory conditions. To celebrate World Lung Day 2025, ILFA was excited to host a charity cyclathon 12-3pm outside the Gaiety Theatre in Dublin with volunteers from the Engagement Team at the Central Bank (ILFA's Charity Partner 2024-2025). We were joined by patients, family members, supporters, healthcare professionals, ILFA Patron Michael Darragh Macauley, and ILFA Ambassador David Crosby and his daughter Ciara.

We had 4 enthusiastic teams of cyclists taking part in the relay event and each member pedalled

furiously for 15 minutes at a time, to raise funds for ILFA. We would like to extend special thanks to John Gilligan and Connor Carthy, friends of Anne Ogelsby (one of the leaders of the South-East Pulmonary Fibrosis Support Group), who travelled from Carlow to cycle for ILFA.

Once again, we were thrilled to have Tim Kavanagh performing a great selection of favourite songs and music for everyone to enjoy as they strolled along King Street. We also had a team of bucket collectors who engaged with the public asking for donations and we're delighted to report that the public were very supportive with kind donations and words of encouragement for all those fundraising for ILFA. We are grateful to Rachel Pender for being

the designated First Aider, the Gardai Siochana, the Gaiety Theatre, and Dublin City Council for their help with the logistics and planning of the cyclathon.

Special thanks to the ILFA team consisting of Gemma O'Dowd, Kelly McVicker, and Maureen O'Donnell for their work to deliver a memorable World Lung Day 2025 and to the ILFA Board Members who attended to show their support, Eddie Cassidy (ILFA Chair), Lynn Fox, and Nicola Cassidy.

After the cyclathon ended, we adjourned to The Duke Pub for some well-earned light refreshments. Huge thanks to the Central Bank Engagement Team and to Nicola Fox for all their help and support on the day.

VHI Women's Mini Marathon 2025



Thank you to all our amazing fundraisers who took part in the VHI Women's Mini Marathon on Sunday 1st June 2025. Our 2025 team included special individuals, family, friends, and supporters all committed to raising awareness and funds for lung fibrosis patients.

We had a team photo outside the Mont Hotel at 11.15am for all the ladies who were able to attend. Gemma O'Dowd (ILFA Stakeholder Engagement Lead) and Nicola Cassidy (ILFA Director) were there to meet and greet the Team ILFA members. Everyone was in high spirits, and it was great to see so many ladies proudly wearing their ILFA T-shirts and excited to get going. We want to give a special shout out to Carol Doherty, Respiratory Advanced Nurse Practitioner, who travelled from Donegal to take part, and to Mary Greene and Sharon Morrissey and their neighbours Mary Teresa and Michael (the designated bag minder!) who travelled from Tipperary. Also in attendance were Rebecca Tansey, Deirdre Kennedy and her friend Niamh, Janet McKenna and her daughters Louise and Rachael, Kelly McVicker (ILFA Administrative Lead) and her friend Gemma, running pals from St Anne's Parkrun Birgit Kretschmann and Mary Fitzgerald (and their cheerleader Annette Grehan) and a large team from Bluebird Care including Kathleen Brennan, Christina Phelan, Aisling Murray, Danielle Dalton, Christine Winston, Janet Winston, Breda Winston, Laura Winston, Rhonda Barry,

Tina Redmond, and Christina Cummins who all participated in memory of Martha Brennan. Other participants included Marie McGowan, Aisling Connolly, Jamie Byrne, Aisling O'Brien, Lisa Richardson, Glenda Murphy, Genie Marie Condon, and Catherine Cormican.

Although we had an early rain shower in the morning, thankfully the weather improved and the ladies were treated to some sunshine, blue skies, and a gentle breeze. The mini marathon started at 12.30pm and 28,000 ladies were soon on their way running, jogging, and walking 10km through the streets of Dublin! After the event, Team ILFA met up at The Duke Pub for some well-deserved refreshments. The ILFA representatives welcoming the ladies back were Eddie Cassidy (ILFA Chair), Gemma O'Dowd (ILFA Engagement Lead) and her husband James, Nicola Cassidy (ILFA Director), and loyal ILFA supporter Annette Grehan. Each lady that arrived at the venue was greeted with a big cheer and round of applause after completing the iconic 10km challenge. The first lady home was Rebecca Tansey, and she was joined by her parents Sheila and Dave. Soon other members of Team



ILFA arrived proudly wearing their well-earned medals, big smiles, and keen to share their experiences. Thanks to Don, Isabella, and the team at The Duke for their warm hospitality and looking after our guests with delicious finger food and beverages.

Everyone at ILFA would like to offer our warmest congratulations and heartfelt thanks to our amazing fundraisers. Please know that your efforts are making a real difference to ILFA's work and our commitment to helping those affected by lung fibrosis. Mile buiochas!

Mary Greene and Sharon Morrissey from Tipperary took part in the Women's Mini Marathon to raise funds and awareness for ILFA. Mary and Sharon were joined by their lovely neighbours Mary Teresa and Michael. Here is a report from our two loyal fundraisers who have completed several mini marathons for ILFA.

"It was our privilege and honour to join Team ILFA for a fabulous day at this year's VHI Women's Mini Marathon in Dublin on June 1st. We took part in memory of beloved family members sadly taken too young and missed dearly every



day. Carmel Morrissey (Sharon's Mam), our 3 uncles John, Pat, and Seamus Purcell, Mary O'Sullivan (Mary's Mam) who passed away last year and often spoke about the warm welcome in Dublin and immeasurable kindness and support she received from ILFA through the years. We couldn't be more grateful for their vital services as they continue with their fantastic work to support patient needs. Thanks to our own amazing supporters for helping us reach our fundraising goal and a huge thanks to our neighbours Mary Teresa and Michael for joining us on the day."

Birgit Kretshmann and her running pal Mary Fitzgerald from St Anne's parkrun ran the Vhi Women's Mini Marathon for ILFA Ireland on 1st June. Here is a lovely report from Birgit describing her experience. Thanks to Birgit and Mary for their wonderful support.

"On Sunday, 1st June 2025, I ran and completed the VHI Women's Mini Marathon in my third consecutive year of participating. Running alongside my pal Mary, we both donned our ILFA shirts again and ran in support of ILFA. From start to finish and beyond, the joy and excitement was palpable among the participants of all ages and running levels as well as the supporters lining the streets along the route.

"Sharing this very special experience with truly wonderful and amazing women and people fills my heart with love and joy. The various ILFA running teams received the kindest and warmest welcome by the ILFA organisers before and after the run and we all gathered for a group photo. I feel thankful and proud to continue to support ILFA's fundraisers. A heartfelt thank you to all who support ILFA."

Lisa Richardson bravely took part in the VHI Women's Mini marathon on 1st June with her mother-in-law Cathy Rock and her cousins Sarah and Ciara. Lisa's mother passed away on the 12th May 2025 and although Lisa was utterly devastated, she wanted to complete the marathon for her Mam and all the people who generously donated to her fundraising page.

Lisa said "My name is Lisa. In 2021, my Mam contracted Covid and became very unwell. We then found out she had pulmonary fibrosis. Mam ended up on oxygen and in the last few years she needed 24hr oxygen. I left my full-time job to become mam's full-time carer in 2022. My Mam was and is the strongest person I know, and she fought every step of the way with dignity. She never complained and was always happy, laughing, and smiling.

"Unfortunately, on 12/5/25 mam was so exhausted from fighting so long she passed away suddenly and peacefully in Connolly Hospital while holding my brother Owen's and my hands. Living with this cruel illness is heartbreaking and if anyone is looking for a charity to help, then the Irish Lung Fibrosis Association (ILFA) is the one! I'm glad I took part in the VHI Women's Mini Marathon in aid of ILFA."

Deirdre Kennedy said "We have been taking part in the Mini Marathon for ILFA since my Dad was lucky enough to receive his lung transplant in 2012. My mum and sisters have walked several of them over the years and the grandchildren have gone from supporting to running, with my niece Sarah running her first mini marathon last year. This year I recruited my friend Niamh to accompany me on the 10km run. We met the ILFA gang for pre-race photos and was great to see plenty of familiar faces as well as lots of new ones all sporting ILFA t-shirts.

"We got a great day for the race and as always there was great encouragement and support along the route. I take part in the mini marathon for ILFA to help raise awareness of lung fibrosis and the work that ILFA do and to remember all those who have died from lung fibrosis including my Dad, Michael, as well as those who are living with lung fibrosis.

"The sign at 4km said "Run for those who can't" and reminded me of what a privilege it is to be able to so. Myself and Niamh were delighted to raise €1,110 for ILFA and are very grateful for all those who donated."

Fundraising Round Up

The ILFA Board would like to extend our sincere thanks to everyone who kindly supports ILFA's work through donations and personal fundraising challenges. Your kind and generous support enables ILFA to provide our services and supports free of charge to people with lung fibrosis, their families, and respiratory healthcare professionals. If you would like some fundraising ideas, please check out our **A to Z of Fundraising Ideas** article on the ILFA website, www.ilfa.ie. If you would like any information on fundraising or to request ILFA merchandise, **please email gemma@ilfa.ie or call 086 057 0310**. Thank you for your ongoing support.

Bel Canto Choir

The Bel Canto Choir, Mitchelstown, Cork hosted a special concert in March 2025 in memory of Dr Jack Griffin (deceased choir member) to raise funds for ILFA. The concert took place at the beautiful 'St George's Arts and Heritage Centre' and was a great success. Gemma O'Dowd, ILFA Stakeholder Engagement Lead, travelled to Mitchelstown and met the Bel Canto Choir members on 29th May. Gemma was presented with a cheque for €4k. Members of Dr Jack Griffin's family attended the event including Jack's wife Mary, daughter Lillian Griffin-Kelly, and grandsons Luke and Eoghan.

Thanks were extended to the following: The Griffin Family, Bel Canto Choir members, 'Cross Keys' Trad group, Kildorrery Musicians and soloists including Éabha Griffin Kelly (Dr Jack's granddaughter), St George's Arts and Heritage Centre team, to the sponsors, ticket outlets, Avondhu Newspaper, and all the family members who supported this very special event.



Gemma O'Dowd (ILFA) with representatives from the Bel Canto Choir and Dr Jack Griffin's family.



The Bel Canto Choir.

Table Quiz held in Gortroe



Rose McAuliffe, Ann Crowley, James McAuliffe and Pat Crowley.

Huge thanks to James McAuliffe and his team for organising a table quiz in aid of ILFA. They raised a fantastic sum and had great fun. James said "A superb night was had in Gortroe in Crowley's Bar on the 30th May. A broad-ranging quiz which everyone thoroughly enjoyed. An astounding €3960 was collected in aid of ILFA - money which will certainly benefit those in need in the future!"

Oíche thar na bearta a bhí ann le déanaí i dTigh Tábhairne Uí Cruaí ar an 30ú Bealtaine. Tráth na gceist le réimse leathan de cheisteanna agus níos fearr fós bhain gach éinne ón slua mór millteach an-sult go deo as! Bailíodh €3960 ar son ILFA - airgead a bheidh ar son leasa roinnt amach anseo!"

Epic Ultra Run from Dublin to Galway

Ed Swain and his friend Ian Macbeth took on an incredible and epic triple fundraising challenge for ILFA during the summer months. Their first run was a 100-mile race in April. Race 2 was a World Series Race in May across Snowdonia and involved summiting 8 peaks (including Snowdon), climbing over 6,400m in total, and running 103 kilometres through the mountains. Race 3 held most significance to Ed and involved running across Ireland from Dublin to the coast of Galway, non-stop, without aid stations or any support and self-navigated for over 130 miles (217 kilometres). The duo started the run on Ed's 40th birthday, 11th June. Ed was fundraising for ILFA in support of his father-in-law Brendan Leech who lives in Ballintubber, Co. Roscommon.

Eddie Cassidy (ILFA Chair) and Gemma O'Dowd (Stakeholder Engagement Lead) met Ed and Ian at the Spire in Dublin on the morning of their Dublin to Galway Run to wish them well and send them on their way. Incredibly, Ed and Ian ran through the day and night to reach Spanish Arch in Galway on 12th June, tired but ecstatic. Ed was cheered



Ed Swaine, Eddie Cassidy (ILFA Chair) and Ian Macbeth at the Spire in Dublin.



Ed Swaine and his family at Marble Arch, Galway, after completing his epic triple ultra challenge for ILFA.

on and received a hero's welcome from his father-in-law and family members. ILFA is hugely grateful to Ed and Ian for their bravery, determination, and hard work to raise a fantastic amount for ILFA and to raise awareness through engaging with the local press.

Connemarathon

Maureen O'Donnell (ILFA CEO) and Gemma O'Dowd (Stakeholder Engagement Lead) travelled to Galway in June to meet Darren Little and his family for a cheque presentation. Darren completed the Connemarathon in April and raised an incredible €12,000 for ILFA in memory of his dad, Martin Little. Darren's mother Lillian, aunt Veronica, brother Conor

and sister Donna joined Maureen and Gemma along with Darren's wife Kate and sons Tadhg and Daithi. ILFA was told by staff at Galway University Hospital who knew Martin, that "he was a great character. He was very well known and loved from far and wide in Connemara/Galway."

Warmest thanks to Darren, his family, and everyone who supported his fundraising challenge.



Darren Little and his family present a cheque to ILFA.

'A Night of Music and Song'

In June, Gemma O'Dowd (ILFA Stakeholder Engagement Lead) met Kathleen Heavey in Galway for a cheque presentation following a successful 'Night of Music and Song' fundraiser. The Heavey family raised funds of €5k for the Galway Hospice and €5k for ILFA Ireland.

Kathleen and her daughter Claire both sing in choirs, and the family is musical. By all accounts it was a fantastic night of music, song, entertainment and fun. Kathleen said that Eddie was a great fan of ILFA, and he participated in the weekly online exercise classes and as many of ILFA's online talks and patient information events that he possibly could. Kathleen sang the praises of the respiratory team at Galway University Hospital in particular Donna, Helen and Prof Anthony O'Regan, and the Galway Hospice who cared so lovingly for Eddie in his last days.



Kathleen Heavey and Gemma O'Dowd.

Cake Sale in Donegal

Sincere thanks to Carol Doherty, Respiratory Advanced Nurse Practitioner, who together with the Respiratory Team held a coffee morning for staff at the Errigal Chronic Disease Management Hub on 30th April. Carol and her colleagues raised a total of €640 for ILFA. We are very grateful to Carol and her colleagues for their great support.



Carol Doherty and colleagues.

Clontarf half marathon



Huge congratulations to Ciarán O'Brien and his friend Sean for running the Clontarf half marathon in aid of ILFA in July. Ciarán and Sean ran in support of Ciarán's dad Aidan. Ciarán said "I'm so proud to be able to run for a cause so close to my heart. Thank you everyone for all the support!"

Huge congratulations to Rebecca Tansey who also ran the Clontarf half marathon in Dublin in aid of ILFA. Rebecca said she had a fabulous day and was delighted to run in support of her mam Sheila.

We are enormously grateful to Ciarán, Sean, and Rebecca for all their efforts and to everyone who supported their fundraising. "Míle buíochas"



Top photo: Ciaran and Sean and their friends after the Clontarf half marathon.

Bottom photo: Rebecca Tansey and her mam, Sheila.

Fine Art for ILFA

Over the last months, Matt Cullen, our talented Dublin Pulmonary Fibrosis Support Group Leader recently sold two small paintings. The first one was called "Solitude", pictured right. Matt told us "I love herons which I see frequently when I am out walking along the Swords Estuary. The second piece was called "Changing Forms" and featured delicate details and geometric intricacy. Matt said "I always want to give something back to ILFA, so 50% of the proceeds from the paintings will be donated to the charity."

Huge thanks to Matt for his kind donation and for permission to share a phot of his wonderful painting.



Liverpool Football Club Jersey Auction

Pam Martin recently won a signed 2024/2025 Champions Liverpool Football Club jersey and decided to raffle her prized possession to raise funds for ILFA. Pam sold raffle tickets online over a 3-week period and there was huge support and interest. The draw of the winning ticket took place on 12th September on Facebook Live and Eddie Cassidy



Gemma O'Dowd, Eddie Cassidy, Pam Martin and Mary O'Neill.

(ILFA Chairman) and Gemma O'Dowd (ILFA Stakeholder Engagement Lead) were present. The winning ticket was drawn by Mary O'Neill, Pam's neighbour. Pam raised an incredible €3,400 for ILFA and she was thrilled with the amount raised. The winner was Phil McDermott who is a huge Liverpool supporter. Huge thanks to Pam for her generosity and to everyone who supported her special fundraiser.

Racing for Breath: Ironman for Lung Fibrosis



Gemma O'Dowd (ILFA Stakeholder Engagement Lead), Ciaran McDonald, and Val Kennedy of the Midlands Pulmonary Fibrosis Support Group.

Roberta McDonald, pictured right with her daddy, Ciaran McDonald, completed the Racing for Breath: Ironman challenge in Copenhagen on 17th August 2025 in support of ILFA and her dad Ciaran, who received a lung transplant a few years ago. Roberta said, "I dedicated the race to the work of the Irish Lung Fibrosis Association, and to everyone affected by this illness." We are very grateful to Roberta for raising a phenomenal amount for ILFA. Gemma O'Dowd (Patient Engagement Lead) met Roberta's dad, Ciaran McDonald, and Val Kennedy of the Midlands Support Group for a cheque presentation at the Tullamore Court Hotel, Tullamore in August.



father died of idiopathic pulmonary fibrosis and at the time he was diagnosed, we had never heard of the disease.

"I am hoping that raising funds for ILFA will help raise awareness, progress research into better medications for people suffering from lung fibrosis and help provide additional patient supports". Warmest congratulations and sincere thanks to Joan and Shane.

Wedding Favours

Joan and Shane Mannering, pictured, recently made a kind donation to ILFA in lieu of wedding favours. Joan said "We wanted to support ILFA and raise awareness because my



Vintage Tractor Run in Donegal

Huge thanks to Darren 'Orchard' McLaughlin who organised a Vintage Tractor Run in Donegal in aid of ILFA in memory of his dear friend, Charlie Duffy. The tractor run took place in August on a beautiful, sunny day. It was a great success and raised over €2,300. Sincere thanks to Darren, Michelle Duffy, all the participants, volunteers, and the local community for supporting this amazing fundraising event.



La Grande Classique Paris-Versailles

The McNeill brothers - Rory, Jamie, Ben and their cousin Ed ran the infamous Paris-Versailles race for ILFA in memory of their beloved father, Michael McNeill. The iconic run took place on 28th September 2025 which was also the 50th wedding anniversary of their parents. Rory said "I'm incredibly proud to have taken part in the recent fundraising race in memory of my father Michael and in support of the Irish Lung Fibrosis Association - an organisation doing truly vital work for patients and families affected by lung fibrosis across Ireland.

A heartfelt thank you to everyone who supported, donated, and cheered us on. Your generosity and encouragement made a real difference. A special shoutout to Ecocem Global and Ecocem en France for their outstanding support - your backing helped us go the extra mile, both literally and figuratively! And of course, huge congratulations to Irish Lung Fibrosis Association for the incredible work they continue to do. It was an honour to run in support of such a meaningful cause, so far we have raised €8,368."



Main image: The McNeill brothers and their cousin Ed.

Above: The McNeill brothers and supporters.



Cork Echo Marathon

Congratulations and sincere thanks to Emma Daly and her friend, Lucja Lojko, left, who ran the Echo Cork Mini Marathon in September for ILFA in support of Emma's aunt, Irene McGrath. Emma and Lucja raised over €1,700 for ILFA as well as raising valuable awareness.

Emma said "I chose to support ILFA because it's a cause that holds a very special place in my family's heart. My aunt Irene who was diagnosed with Scleroderma, an auto immune disease that affected her lungs and ultimately led to her needing a double lung transplant. ILFA provided supports for my aunt such as regular virtual group talk sessions helping her and other ILFA patients and their families with advice on how to keep well and how to cope with lung fibrosis, managing oxygen, nutrition, money and budget and much more. They also provided regular exercise classes, dancing for health classes and Yoga sessions that she and the other patients really loved. And she knew there was always someone at the end of a phone if she needed anything. Lucja and I ran for ILFA in the Cork Echo Women's Mini Marathon, in September, which was Lung Fibrosis awareness month so that ILFA can continue their hard work and dedication to the lung fibrosis community."



The Hussey Family ran the Clew Bay Memorial Run.

Clew Bay Memorial Run

Well done and sincere thanks to the members of the Hussey family who ran the 10K Memorial Run in Clew Bay in September to raise funds in memory of their dad and grandad, Paul. The team consisted of sisters Juliette, Danielle, Antonia and their nephew Chris. They had a great run and raised over €1,000 for ILFA. Juliette said "Thanking all our supporters for the funds raised. We had a welcome swim on beautiful Carrowmore beach to soothe the tired legs after a hilly run."

Bingo Loco



Huge thanks to Mary Leech and her team who held a very successful 'Bingo Loco' fundraiser for ILFA Ireland on 16 August in Kenny's Bar, Ballintober, along with Eileen Kenny of Kenny's bar. The fundraiser was held in support of Brendan

Leech, Mary's father and father-in-law of Ed Swain who recently ran from Dublin to Galway and undertook a triple physical challenge to raise funds for ILFA raising £5,275. Their amazing fundraising efforts were featured on a Shannon-Side podcast. We are enormously grateful for the awareness and funds raised by the Leech family and all their supporters, pictured.

We Need You!

We are grateful to our wonderful fundraisers for their efforts, fundraising and donations which help us support lung fibrosis patients, families, and the healthcare professionals caring for them. We would love to hear from you if you have a fundraising idea that will help us raise money and spread awareness of lung fibrosis. Thinking ahead to next year, the VHI Women's Mini Marathon will take place in June, and we would love to have ladies from all over the country take part for ILFA. It's not too early to think about warmer temperatures, fun, laughs and great camaraderie on the streets of the capital. Please encourage your family, friends, neighbours, colleagues and communities to join Team ILFA.

Call Gemma on 086 057 0310, or email Gemma@ilfa.ie for help to get you started. Thank you for your support!

Patient Support Groups

ILFA's support groups hold face-to-face meetings around the country, and all lung fibrosis patients and family members are welcome to attend. For more information, please contact the leader in your area (details are included below). ILFA asks that all support group members do not attend the face-to-face meetings if feeling unwell, to protect the health of others.

If you would like help to set up a new support group in your area, please contact Gemma on 086 057 0310.

Cavan-Monaghan Support Group

Please call Kevin on 087 762 3485 for more information.

Clare Support Group meets on the first Wednesday of the month at the West County Hotel, Ennis at 12 noon.

Please call Michael on 087 637 4068 for more information.

Cork Support Group meets on the last Thursday of the month at the Elm Tree, Glounthane at 11am.

Please call Anne on 087 985 4587 for more information.

Dublin Support Group meets on the first Tuesday of the month at 2pm at the Carmelite Community Centre, Our Lady of Mount Carmel, Whitefriar Street Church, Aungier Street, Dublin 2.

Please call Matt on 086 244 8682 for more information.

Kerry Support Group meets on the last Saturday of every month at 3pm in The Meadowlands Hotel, Tralee. Please call John on 087 280 9801 or Gerry on 086 838 7653 for more information.

Midland Support Group meets on the 2nd Tuesday of the month at the Tullamore Court Hotel at 2.30pm.

Please contact Val on 087 233 2653 for more information.

South-East Support Group meets on the 1st Tuesday of the month. Please call Martina on 086 060 0515 or Anne on 087 692 3991 for more information.

Sligo Support Group

Sligo Support Group meets on the first Wednesday of the month at the Sligo Park Hotel, Sligo at 11am. Please contact Pat on 086 272 9146 or Margaret on 087 102 4924 for more information.



ILFA Christmas Cards now on sale

This year our Christmas cards are available in packs of 12 (6 cards x 2 designs each). Each pack costs €10 and the price includes postage and packaging. Please email info@ilfa.ie or call 086 871 5624 to order your Christmas cards early. Thank you for your support.

Wishing all our members and the lung fibrosis community a happy and peaceful Christmas and a happy and healthy 2026.

Legacy Giving

Please consider including a gift to the Irish Lung Fibrosis Association in your will. Legacy gifts, big or small, support ILFA's vital work. We are hugely grateful to those who have left thoughtful gifts to ILFA over the years. Your support is making a difference – thank you!



Keep in touch with ILFA

You can keep in touch with ILFA by phone on 086 871 5264 (general enquiries) or 086 057 0310 (fundraising enquiries) by email - info@ilfa.ie on the web - www.ilfa.ie on Facebook, Instagram, X, YouTube and LinkedIn -

Search for us using @ilfaireland

Please contact ILFA if you would like your details to be added or removed from our mailing list.



Donate to ILFA:

The Irish Lung Fibrosis Association is committed to supporting patients and families living with lung fibrosis and provides all our

resources free of charge, including this newsletter. We rely on fundraising and donations to carry out our work and all amounts are gratefully received. If you

can and if you would like to make a small donation to cover the costs of newsletter production, printing and postage costs, we would be very grateful for your

support. You can donate easily and securely to ILFA directly using your debit or credit card via the ILFA website www.ilfa.ie or via the QR code.

